

Treatment Guide

What will happen when I arrive?

Upon Arrival please ring the doorbell and I will greet you (look for the 7up on the door). You will then be shown up to the treatment room where I will ask you to complete a consultation form which includes some questions about your medical history.

Once we have discussed your consultation form and what you hope to achieve during your treatment I will leave the room and ask you to undress and lie under the towel on the treatment table.



Then comes the best bit! You get to relax and enjoy your massage. Be sure to let me know if you would like a firmer or lighter pressure – or if you need to stop the treatment for whatever reason (i.e. needing the loo).

Once we have completed your treatment I will leave the room once more to give you time to bring yourself round and reenergise yourself. Take care when sitting up/coming off the table as it is not uncommon to feel a bit light headed after a massage – especially if you are having a longer treatment.

Please help yourself to a bottle of water and freshen up if you wish in the ensuite.

Why do you need to know my medical history?

In order to ensure your safety as well as your enjoyment and effectiveness of treatment. I am registered and bound by the data protection act.

What should I wear?

Whatever you feel comfortable in. You will be covered with towels throughout your treatment - with only the part of the body being worked on being exposed at any one time. In general people feel most comfortable leaving their underwear on during their treatment.

Will I be covered in oils?

Only the parts of your body which are being treated will have oils or lotions applied. The oils can quickly be absorbed into the skin and have a moisturising effect – helping to improve skin tone and elasticity – working together with the massage treatment. I have a range of oils/waxes to suit most skin types but do let me know if you are sensitive to anything in particular. You may also shower after your treatment if you are worried about excess oils/wax.

What is the treatment room like?

The room is calm and private (there are slatted blinds which provide privacy but allow natural light in). Soothing music can be played – or no music if preferred. There are also mirrors for you to check your appearance when you are departing. As the room is in my home – clients benefit from ensuite facilities – meaning you can shower pre or post massage – allowing you to get on with your day with ease.

How can I pay?

I accept card payments as well as cash. Payments can also be made over the phone if required.

If you have any other questions feel to get in touch ...

Hope to see you soon



Lewis

Contact

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